

Loudoun County Senior  
Center at Cascades  
21060 Whitfield Place  
Sterling, VA 20165

703-430-2397

[www.loudoun.gov/  
seniors-cascades](http://www.loudoun.gov/seniors-cascades)

Part of the Area Agency  
on Aging a Division of



### Staff Contacts:

Manager:

Brenda Davis Ext. 101  
Assistant Manager:

Judith Mangilin Ext. 102  
Café Supervisor:

Carrie Randolph Ext. 103

Sr. Trip Coordinator:

Mark Humphrey Ext. 105

Customer Service:

Michele Prentiss Ext. 107

Vehicle Operator:

Felix Duran Ext. 109

Vehicle Operator:

Luis Rocha Ext. 110

Center Assistant:

Erik Onate Ext. 123

### Center Hours:

**Mon./Wed./Thurs./**

**Fri.**

**9:00am-5:00pm**

**Tuesdays**

**9:00am-8:00pm**

**Saturdays/Sundays  
CLOSED (Available  
for Rental)**

**\*\*The Senior Center  
will be CLOSED on  
Mon., May 30, 2011**

# SENIOR CENTER REVIEW

## May 2011 Edition

### Manager's Note



The face-to-face Social Security counseling services that had been provided at the Department of Family Services in the Shenandoah Building in Leesburg have been eliminated due to budget reductions.

The good news is the website ([www.socialsecurity.gov](http://www.socialsecurity.gov)) and toll-free number (1-800-772-1213 or TTY at 1-800-235-0778) can provide you with a wide-variety of assistance to:

- Apply for benefits;
- Check status of an online application;
- Change address/telephone number;
- Start/change/stop direct deposit;
- Replace Medicare card;
- Statements & proof of income;
- Estimate future benefits;
- Answers to Social Security questions;
- Locate nearest office.

### RSVP 2011 Event



The Loudoun County Area Agency on Aging will be honoring Outstanding Volunteers and Amazing Seniors on Friday, May 27 from 2:00 -5:00 p.m. at Lansdowne Resort.

This annual event is for volunteers and is free for those who worked **ten service hours between April 1, 2010 to April 1, 2011**. A \$15.00 guest fee must be paid. All other volunteers **make reservations by Friday May 20th** by calling Jackie Mayne at 703-777-0358. Remember to bring your invitation to the event!



### MOTHER'S DAY TEA



In honor of Mother's Day, we will be holding a special "Afternoon Tea" on Friday, May 6, from 2-4 p.m. Finger foods & entertainment by guitarist Daniel Chute, and a special raffle. Tickets are \$3/ members and \$5/non-members.

Tickets will go on sale Monday, April 18. Please bring a photograph of you with your children to the Main Office *before May 2*. Transportation will be provided after the Tea. *Happy Mother's Day!*

### MEMORIAL DAY LUNCHEON

Please join us for a star-spangled salute to our brave men and women in uniform, past and present on Wednesday, May 25<sup>th</sup> from 11:30 a.m.-1:30 p.m. in the Friendship Café. Music will be provided by the Cascades Singers. Special prizes will be raffled away to lucky participants. Please sign-up using the regular Lunch Sign-Up Sheet. Lunch donation is requested.



### AARP DRIVER SAFETY PROGRAM



AARP will be offering their Driver Safety Program at the Senior Center on May 4 and May 6, from 10:00 a.m. – 3:00 p.m. This two-day program may help to reduce the cost of your auto insurance. Cost of the program is \$12/AARP members, \$14/non-AARP members. The instructor is Keith Wilkinson. Sign up in the Main Office.

## SENIOR PROGRAMS & ACTIVITIES

The following programs are provided at NO COST

The first and third Wed. (May 4 & 18) of the month, 11 a.m.-1:30 p.m., **'One-On-One' Support with Kathy Kehoe, Case Manager for the Area Agency on Aging** in the Health Room. This is confidential supportive counseling for aging issues. See the sign-up sheet in the Health Room or call Kathy at 703-737-8741 to make an appointment or ask questions.

**Wednesday, May 18 at 11:00 a.m.- Jeopardy!**

**Nutrition Workshop Series** - Saroj Khurana, PhD will present a six-week class that will help you stay fit and healthy! **Classes: 5/3, 5/10, 5/24, 5/31, 6/7 and 6/14.** Sign up at the office.

**"Stroke Prevention"**—guest speaker **Dr. Pucchio** will be at the center on **May 10 from 11:00 a.m. - Noon** to discuss ways to prevent stroke!

### LUNCH BUNCH



Our next Lunch Bunch will be on **Friday, May 13 at Ford's Fish Shack in Ashburn.** Bus leaves at **11:15 a.m.** If you are interested in joining us, put your name on the sign-up sheet posted in the Front Lobby. The bus returns to the Senior Center at 1:30 p.m.

### RED HAT MAMAS

The Red Hat Mamas' May luncheon will be Wednesday 11:30 am on May 4th at Applebee's in Denizen Piz. (by Borders book store). Please RSVP to hosts Betty Oswalt 703.729.5525, Ina Gurnard or Julia Eastep.



### FAMILY GAME NIGHT

Please join us **every first Tuesday from 6:00 p.m. – 8:00 p.m.** for an evening of fun and games for the whole family! Members are encouraged to bring their kids, grandkids, or great-grandchildren to play games like Wheel of Fortune, Jeopardy! and The Price is Right on the "big screen." We also have Wii games! Bowling, Tennis, Golf, or Baseball can be played with one to four participants. It's a great way to spend quality time with your loved ones, and it's free with your membership. Light snacks and refreshments will be served. *"Come on down!"*

### BOOK CLUB

"Elmer Gantry" by  
Sinclair Lewis  
Tuesday, May 17 at noon.



### CAMERA CLUB

The Camera Club will hold its regular meeting on May 5, 2011, at the Cascades Senior Center at 1:00 pm.

The theme for the display board is "Architecture and Other Man-made Structures" (such as bridges, memorials, etc.) We will have a short discussion about photographing reflections. **FIELD TRIP:** Meet at the Senior Center at 1:00 PM on Thursday, April 21, 2011 for a field trip to the Walker Nature Center in Reston. Questions? Contact [carole-farmer@verizon.net](mailto:carole-farmer@verizon.net)

### REJUVENATING EXERCISE (NEW!)



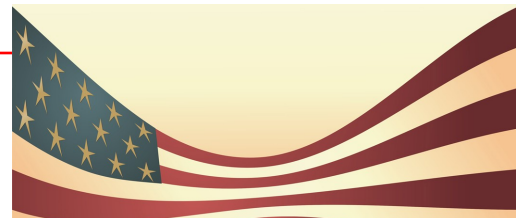
Please join us every Tuesday and Thursday morning at 10:00 a.m. in the Aerobics Room for an exciting new DVD that promotes healthy exercises and movements tailored to make you feel better and stay fit. This holistic approach has been approved by the Chinese National Physical Committee.

### LEARN TO SPEAK FRENCH!

Classes will be offered **every Friday morning at 10:30 a.m.** All interested participants are asked to sign up in the Main Office. Kitty Pugliese, Cascade member and volunteer will be teaching the class.

### KNITTING & CROCHETING

Meets **Fridays at 10:00 a.m.**





## KITCHEN CORNER



A special thank you goes out to **Connie Ramey** from Central Kitchen for coming to help with our **Belgian Waffle Breakfast!** It was a huge success!

### REMINDERS:

- Be sure to **SIGN UP** for our Memorial Day Luncheon!
- The Senior Café current cost is **\$4.00 per meal for seniors ages 55-59**. Please see Michele at the front desk to purchase a meal ticket.
- For seniors 60 years and over as well as guests, a donation is requested. Information regarding the proper donation amount is posted on the bulletin board in the Café.
- Please call 703-430-2397, ext. 103 by 1pm the day before for lunch reservation, cancellation, or adding lunch for upcoming days. Leave your name and the day(s) you wish to eat or cancel.
- Erase your name off of the lunch sign-up sheet if you are going on a day trip. (eg. Casino Trip, etc)

- Write in your **OWN** initials on the lunch sheet (do not put a check mark). Be sure to put VEG for vegetarian meals.
- If you eat lunch in the Café, I have to have a blue nutrition form filled out as soon as possible! This applies to New Members *and* Current Members.

We are in need of **SUBSTITUTE** Café Monitors in mornings from 9:30 a.m. – 11:00 a.m. We are also looking for someone to help serve lunch in the kitchen on Fridays from 11:30 a.m. – 1:30 p.m. Can you make a commitment to that one day a week (minus vacations, sick, etc. of course!)?



Watch out for more substitute volunteer opportunities for the upcoming summer months both for Café and Lunch! **PLEASE THINK ABOUT VOLUNTEERING ONE OR MORE DAYS!**

*-Carrie Randolph-*

## SPECIAL NOTICES



### DONATIONS IN MEMORY OF....

*Deward "DC" O'Kelley*  
by Leta Wilson, Sterling, VA

REMEMBERING...  
*Janet Burdge*

### FRIENDS OF THE SENIOR CENTER AT CASCADES

WILL MEET THE LAST WEDNESDAY, MAY  
25th AT 1:30 PM.

### ADVISORY BOARD

WILL MEET ON THE 4TH THURSDAY, MAY  
26th AT 10:00 AM.

### STERLING SILVERS

1st & 3rd TUESDAYS (MAY 3 & 17) AT 11:30  
AM (open to all Seniors)



**Senior Trips Registration (for summer day trips and overnight trips) begins at 9 a.m. on Wednesday, June 1st at all PRCS facilities with RecTrac!**

**Overnight trips include Historic Triangle of Virginia, Mackinac Island & Northern Michigan, and Branson Holiday Show Trip**



## CLASSES



Join instructor Vivian Monroe for a fun **Zumba** dance fitness program. Zumba combines Latin and International music with dance to make exercise fun. **Zumba Gold** is geared toward active adults who are learning Zumba for the first time or prefer a lower impact version. Join us Today!

**Thurs, (4/28-6/16), 11am-Noon**

**\*Eight-week Class \$72/member, \$80/non-members \*Walk-ins welcome - \$11/member, \$13/non-member**

### GENTLE YOGA

Breathe easier, increase your energy and feel younger through Gentle Yoga with Sarla -especially designed for people 55+. **Yoga class is every Tuesday from 6:00 p.m.-7:30 p.m.** Sign up today!



**\*\*\*Ten-week Class \$91/members, \$111/non-members plus the cost of materials.**

**\*\*\*Walk-in classes are available for**

**\$11/member & \$13/non-members. \*\*\***

**Instructor: Sarla Mehta.**

### CERAMICS CLASS

The next class is scheduled for **Wed., May 18, 10:30 a.m.-Noon.**

Participants may choose from hundreds of molds. The cost for each project is determined by the mold you select. Class is required prior to using the ceramics room and equipment. Classes teach you how to clean green ware, paint and glaze.



**\*\*\*\$21/members, \$23/non-members. Fee includes small ceramic piece. Instructors: Pat Miller & Frank Smith. Advance registration required.**



**ESL (English as a Second Language)** will start its summer session on **5/13-7/22, which is every Friday from 10-12 noon.**

Gordon Chin is the instructor. The cost for this course is **\$24/members, \$26 non-members.** This helps to cover the cost of materials and administrative fees. For more information or to register, please see Erik or Michele in the office.

### **New!** "GETTING TO KNOW YOUR COMPUTER" CLASSES



If you are interested in Computer Classes, Please see Michele at the front desk to sign up. New classes will be announced soon!

# Sign Up! Sign Up!

## SPECIAL ACTIVITIES

### POPCORN, MOVIE & SODA:

**"The Fighter" (Wednesday, May 18 at 1:30 p.m.)**

**Admission Fee: \$2.00**

The Fighter, is a drama about boxer "Irish" Micky Ward's unlikely road to the world light welterweight title. His Rocky-like rise was shepherded by half-brother Dicky, a boxer-turned-trainer who rebounded after nearly being KO'd by drugs and crime. 2010; Rated R; 115 mins.



## MONTHLY RESOURCES

**Support Group for Tinnitus and Hearing Problems** – The 1st Fri., (May 6), at 2 p.m.

**Man-to-Man Prostate Cancer Support Group** – The group will meet the 2nd Tues. (May 10) at 6:00pm

**Eyeglasses Care** – LensCrafters here on the 2nd Thurs. (May 12) at 11:30 a.m.

**Cascades Deaf and Senior Social** - meets every 2nd Wed., (May 11) at 10:00 a.m.

**Help for Hearing Loss** – Meet with Joan Cassidy the 3rd Thurs., (May 19), 10 a.m.-Noon to ask questions about hearing loss.

**Blue Ridge Speech & Hearing** - The 3rd Tues. (May 17), at 10:30 a.m.

**Parkinson's Support Group** – The group will meet the 4th Tues., (May 24), 6-7:30 p.m.

**INOVA Health Van** - visits the center every 2nd & 4th Tuesdays (May 10 & 24) at 9:00 a.m.

## UPCOMING EVENTS



Please join us for a trip to Heritage Farm and Museum in Claude Moore Park on Friday, June 3 from 10:30 a.m.-1:30 p.m. Participants will receive a tour of the museum, view the art display created by our own members, and enjoy a picnic box lunch. Participants are also invited to share their memories and family histories at the Farm Museum. Tickets are \$5/ members, \$7/non-members. All tickets sold after June 1st will be \$7. Ticket includes transportation, museum tour and a box lunch.

### FATHER'S DAY LUNCHEON

Please join us on Friday, June 17 from 12:00 p.m. – 1:30 p.m. for a very special “Father’s Day Luncheon”. All Dads who wish to participate are asked to bring a photo of themselves with their children, or a photo with their own dad. All photos should be submitted to the Main Office no later than June 13. Live musical entertainment provided by “Men In Stripes,” a local barbershop quartet. Pizza and light refreshments will be served. Tickets are \$3/ members, \$5/non-members. All tickets will be \$5 after June 13.



### ‘GRIEF SUPPORT GROUP’

The Senior Center at Cascades is forming a “Grief Support Group” that will meet for eight weeks, Tuesday, June 7 through Tuesday, July 26 from 6:00 -7:00 p.m. The group is for people 55+ who have experienced a loss in the past year. The meetings are free to members, non-members are asked to pay a \$2 drop-in fee. The group will be moderated by member Nancy Hencken. If you are interested in hearing more about the “Grief Support Group” please contact Erik Onate in the office at (703) 430-2397, ext. 123.

### REMINDER : ROOM RESERVATIONS

If you or your group would like to use a room for a particular function (small gatherings, meetings, parties) during Senior Center hours, please check with the Main Office at least three weeks in advance to check for availability.

**GO PAPERLESS!** Let us know if you wish to receive your monthly newsletter electronically! See Michele at the office.



## Thank You..Thank You..

...To Costco for their weekly donation of baked goods, and to Ellie Ellis and Sarla Mehta for picking it up

...To all the volunteers that helped in the Belgian Waffle Breakfast

...To Gail Atkins and Pat Langley for their Mardi Gras decoration donations to the Senior Center

...To Mary Carmouche, Gail Atkins, Pat Langley, Teresita LaBarbera, Juanita Sanders, Anna Yon, the CASTE Program of Loudoun County and Giant Foods for their assistance with the Mardi Gras Luncheon

...To Ashby Ponds Retirement Community for their generous support of Jeopardy!

...To Georgia Belle and Olga Ricciardi for their assistance with Jeopardy!

...To Elsa Barreto, Haydee Lauderman, Lee Dunay, Shakuntla Tuli, Chanchal Suri and the CASTE Program of Loudoun County and Cool McFinn for their assistance with the St. Patrick's Day Luncheon

...To Sant Sehgal, Bob Hitchens and Rita Daniels for their assistance with Blood Pressure checks

...To all of our Line Dance Instructors

...To all of our Front Desk volunteers

...To all the Kitchen volunteers, both A.M. Café & Lunch

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## MAY TRIPS

**May 3, Tues.** - Radio & Television Museum and Belair Mansion & Stables, Bowie, MD

**May 4, Wed.** - "Farragut North" at Olney Theatre, Olney, MD

**May 9-13, Mon.-Fri.** - Niagara Falls/Toronto - Canada

**May 11, Wed.** - "Ruined" at Arena Stage, Washington, DC

**May 12, Thurs.** - Casino Trip, Charles Town, WV

**May 17, Tues.** - National Cathedral Tour & Tea, Washington, DC

**May 19, Thurs.** - Frederick Keys Baseball Game, Frederick, MD

**May 20, Fri.** - C & O Canal Boat Cruise and Tudor Place, Washington, DC

**May 24, Tues.** - "A Time to Kill" at Arena Stage, Washington, DC

**May 25, Wed.** - Casino Trip, Charles Town, WV

**May 26, Thurs.** - "Story of the Andrews Sisters" at Allenberry Playhouse, Boiling Springs, PA

**May 27, Fri.** - C & O Canal Boat Cruise and Dumbarton House, Washington, DC

